



VOLUNTEER OPPORTUNITIES

The Children's Bereavement Center is a volunteer-driven organization. Wherever your time and talents, there is a match for you to help us link hearts, mend spirits, and transform lives. We invite you to make a difference in any of the following ways:

- Become a trained support group facilitator
- Sponsor and serve dinner to a support group
- Donate items from our Wish List, located at www.cbcst.org.

HELP MEND HEARTS

The Center is a 501(c)(3) nonprofit agency and completely supported by donations from individuals, foundations, and corporations. Your contribution is always needed and appreciated. Please call today to make a donation at (210) 736-4847 or to make a gift online, visit our website at www.cbcst.org/donate.



We have multiple offices in Texas.
Please call to find services near you.

MAIN OFFICE

205 W. Olmos Drive
San Antonio, TX 78212
Tel: (210) 736-4847 (HUGS)
Fax: (210) 832-8919
www.cbcst.org

CHILDREN'S BEREAVEMENT CENTER

RIO GRANDE VALLEY

2302 S. 77 Sunshine Strip, Ste. 202
Harlingen, TX 78550
Tel: (956) 368-4065
Fax: (956) 734-5337
www.cbcst.org/rio-grande-valley

CHILDREN'S BEREAVEMENT CENTER

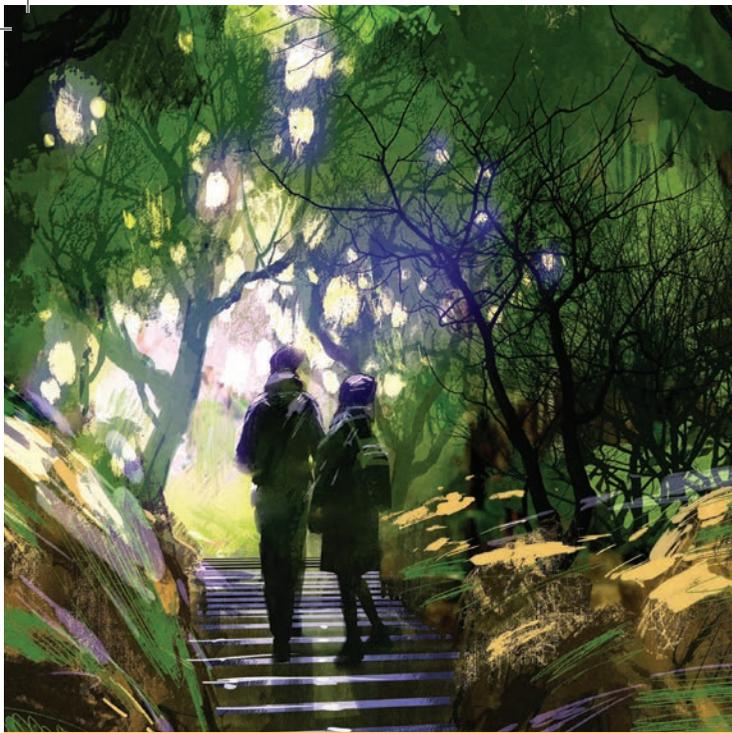
AT PALOMA PLACE

140 Paloma Drive
Floresville, TX 78114
Tel: (830) 455-4840
Fax: (830) 455-4873
www.palomaplace.org



The Spirit of Healing Lives Here.





OUR MISSION

To foster healing for grieving children and youth, their families and the community.

CHILDREN AND GRIEF

Grief is a term often used to describe the wide range of emotional and physical reactions that arise when someone has experienced the death of a loved one. Grief feelings may include shock, sadness, anger, denial, and loss of control. An array of physical reactions may also be present, such as loss of appetite, memory, sleeplessness, and lack of concentration. At the Center we believe that each person's journey through grief is unique and therefore deserving of a distinctive approach to healing. We help children and their caregivers understand the depth of their grief, stabilize and preserve family relationships, and cope with the loss of their loved one.

SUPPORT SERVICES

Our **peer support groups** bring together children, teens, and their caregivers with similar loss experiences to help normalize feelings, share experiences, and grieve the death of a loved one. Peer support groups are offered at no cost to families. Each group meets twice a month in our beautiful homelike setting, which provides a safe, nurturing environment conducive to healing. Children who attend groups engage in therapeutic activities such as: play therapy, narrative therapy, art, poetry, journaling, music, dance/movement, and recreational activities, all of which help process their feelings of grief.

The Center also offers **counseling services** for children and their caregivers. Our licensed professionals provide confidential psychotherapy sessions to individuals who have experienced a death loss of a loved one. In addition, the Center can connect you to services for children whose parents have received a devastating diagnosis. Counseling enhances family communication, expanding and deepening the personal skills needed to help cope and adjust to challenges of grief and loss.

To provide additional support for children, the Center has expanded services to include **grief camps**. Grief camps are a great resource to help normalize individual reactions to grief by allowing children to interact with peers who have suffered similar loss. Grief camps engage children in therapeutic activities that incorporate art, writing, music, and movement to help process feelings of grief. Children who attend grief camps learn to develop healthy coping skills while restoring a sense of normalcy with peers.



GET CONNECTED

Prior to enrolling in a grief support services, individuals must attend an intake appointment, at no cost to the family. To schedule an intake appointment, please contact the Intake Coordinator at (210) 736-4847.

GRIEF EDUCATION INSTITUTE

We offer community presentations, crisis intervention, and an array of professional educational trainings. We also provide continuing education credits to social workers and licensed professional counselors. The fee schedule for trainings and crisis intervention varies.

For more information on our outreach services and training schedule, please visit the website at www.cbcst.org or contact the Program Department at (210) 736-4847.